



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09306, Raspberries, frozen, red, sweetened

Report Date: July 01, 2017 01:12 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, thawed 250g	1 package (10 oz) 284g
Proximates						
Water	g	72.75	2	--	181.88	206.61
Energy	kcal	103	--	--	258	293
Energy	kJ	431	--	--	1078	1224
Protein	g	0.70	3	--	1.75	1.99
Total lipid (fat)	g	0.16	3	--	0.40	0.45
Ash	g	0.24	2	--	0.60	0.68
Carbohydrate, by difference	g	26.16	--	--	65.40	74.29
Fiber, total dietary	g	4.4	--	--	11.0	12.5
Sugars, total	g	21.76	--	--	54.40	61.80
Minerals						
Calcium, Ca	mg	15	3	--	38	43
Iron, Fe	mg	0.65	3	--	1.62	1.85
Magnesium, Mg	mg	13	1	--	32	37
Phosphorus, P	mg	17	2	--	42	48
Potassium, K	mg	114	1	--	285	324
Sodium, Na	mg	1	1	--	2	3
Zinc, Zn	mg	0.18	1	--	0.45	0.51
Copper, Cu	mg	0.105	1	--	0.263	0.298
Manganese, Mn	mg	0.650	1	--	1.625	1.846
Selenium, Se	µg	0.3	--	--	0.8	0.9
Vitamins						
Vitamin C, total ascorbic acid	mg	16.5	3	--	41.2	46.9

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, thawed 250g	1 package (10 oz) 284g
Thiamin	mg	0.019	3	--	0.048	0.054
Riboflavin	mg	0.045	3	--	0.113	0.128
Niacin	mg	0.230	3	--	0.575	0.653
Pantothenic acid	mg	0.150	1	--	0.375	0.426
Vitamin B-6	mg	0.034	2	--	0.085	0.097
Folate, total	µg	26	1	--	65	74
Folic acid	µg	0	--	--	0	0
Folate, food	µg	26	1	--	65	74
Folate, DFE	µg	26	--	--	65	74
Choline, total	mg	10.2	--	--	25.5	29.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	3	--	--	8	9
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	21	--	--	52	60
Carotene, alpha	µg	29	--	--	72	82
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	60	3	--	150	170
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	113	--	--	282	321
Vitamin E (alpha-tocopherol)	mg	0.72	--	--	1.80	2.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	6.5	--	--	16.2	18.5
Lipids						
Fatty acids, total saturated	g	0.005	--	--	0.013	0.014
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, thawed 250g	1 package (10 oz) 284g
16:0	g	0.004	--	--	0.010	0.011
18:0	g	0.001	--	--	0.003	0.003
Fatty acids, total monounsaturated	g	0.015	--	--	0.037	0.043
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.014	--	--	0.035	0.040
20:1	g	0.001	--	--	0.003	0.003
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.089	--	--	0.223	0.253
18:2 undifferentiated	g	0.059	--	--	0.147	0.168
18:3 undifferentiated	g	0.030	--	--	0.075	0.085
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0